

Boiled Corn on the Cob

Boiled corn on the cob is often one of the first side dishes a teenager may try to make. Break the cob in half for a single serving. When broken in half, they fit in a smaller pan, and the water will boil quicker. It sounds so easy to drop the corn in the water and watch it boil. With no additional steps necessary, this is also often the first vegetable a person burns. They often forget to add enough water. The water boils away. Sometimes, it's salvageable if there are still bubbles on the bottom of the pan.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while cooking

Visual Accommodations:

Potential Food Allergy or Intolerance:

Butter (lactose)
Corn
Pepper
Spices

Meatless Preparation Avoid:

Butter
Substitute with: _____

Utensils:

Pot holders
Spoon
Pan: 8 quart sauce pan

Ingredients:

Meat: None

Vegetables:

4 ears of corn broke or sliced in half

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and break 4 ears of corn in half.
2. Add to 8 quart pan:
 - 1 tablespoon of butter
 - 8 half ears of corn
 - Dash of salt
 - Spices, such as pepper, to taste
3. Add enough water to nearly fill pan.
4. Cook over medium heat.
5. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.